

A Meditation Toolkit: What You *Actually* Need to Get Started

Here's a list of beginner-friendly, zero-pressure essentials for starting your daily meditation practice. Set yourself up for success by creating an environment that supports your meditation goals.

A Comfortable Seat 🪑

Find a chair, cushion, folded blanket — anything that helps you sit with a long spine without strain.

Find a Consistent Cue 🕒

Link meditation to something familiar you already do:

- After brushing your teeth 🪥
- After your morning coffee ☕
- Before bed 🛌

Choose a Simple Anchor 🚢

Pick one:

- Your breath 😊
- The feeling of your hands resting 🙏
- A word or phrase (“*peace*,” “*I’m here*,” “*let go*”) 🗣️

Set a Timer 🕒

Use your phone or a meditation app so you aren’t checking the clock.

Be Kind Toward Yourself 💜

The most important tool! If the mind wanders every 10 seconds, let it! You're still meditating.

Optional Enhancements (Only if they support you — never required.)

- A candle
- Gentle music
- A journal
- Noise-cancelling headphones

Meditation doesn’t need equipment — just **presence**.

For more information about Indigo Alchemy, visit my [website](#). Follow me on [Insight Timer](#). Subscribe to my [YouTube](#) channel. Follow me on [Instagram](#).